



A Little Handbook of Shinrin-Yoku

Amos Clifford

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Shinrin-Yoku is the gentle, healing practice of "Forest Bathing." Widely used in Japan, Forest Bathing and other nature-based healing practices are making their way into the rest of the world. In this book, Wilderness Guide and Nature Connection Mentor M. Amos Clifford draws on four decades of experience to suggest leadership strategies for taking people on Shinrin-Yoku walks. The book includes links to medical research and other background sources.

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